

## What is Respite Care?

Everyone needs some sort of rest to restore your abilities to care for others. In an airplane, the flight attendant asks the passengers to “always put on your respirator mask first.” The Amesbury COA promotes this same concept for caregivers.

**Respite Care** provides caregivers a temporary rest from caregiving, while the loved one continues to receive care in a safe environment. In a supportive or social day program there is supervision and socialization for elders who require additional supervision or assistance.



## Cost Schedule

**Greenleaf Rate:** \$40/Day\*  
**ESMV Greenleaf Rate:** \$32/Day\*  
\$30/Half Day\*

## MVRTA Van Cost

**A “door to door” van service**  
**Amesbury Residents:** Free of charge  
**Non Amesbury Resident:** \$2 each way

## Transportation Coordination Fees

**Amesbury Residents:** \$0/Week,  
**Non Amesbury Resident:** \$0-\$20/  
Week

**\*Mass Health members: Daily rates  
may be covered with plan changes.**



## Greenleaf Supportive Social Day Program

68 Elm Street, Amesbury, MA 01913  
978-388-8138 x 544 978-388-8138 x 546  
[www.amesburyma.gov](http://www.amesburyma.gov)

## Greenleaf Supportive Social Day Program

*Respite for your Family Tree*



## Mission Statement

The mission of the Amesbury Senior Community Center is to advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.



**Call for more Information:**  
**978-388-8138 x544**





## Location

**68 Elm St., Amesbury, MA**

The Greenleaf Supportive Day Program is located within the Amesbury Senior Community Center. Greenleaf staff integrate participants in regular activities as well as modify activities based on client needs.

## Greenleaf Hours

**Monday - Friday: 9:00am - 3:00pm**

Lunch is served at 11:15am  
Clients may arrive before scheduled time but will not be supervised before scheduled start time.

## Senior Center Hours

**Monday - Friday: 8:00am - 4:00pm**

Greenleaf meetings, Intakes, and case managers are available outside Greenleaf hours.

## Components of Social Day

Greenleaf staff understand the importance of a well-balanced day with the four components of B.E.A.D.

1. **Brain:** Mental Wellness Activities  
*Ex. Trivia, word search, discussion*
2. **Enjoyable:** Leisure Activities  
*Ex. Hobbies, cooking, music, games*
3. **Active:** Physical wellness  
*Ex. Ball Toss, walking, chair exercise*
4. **Down time:** Restorative activities  
*Ex. meditation, calming music*

## Other Activities

- ◆ Intergenerational Events  
(Gardening, crafts, caroling, games)
- ◆ Animal Therapy
- ◆ Art Classes
- ◆ Senior Center Activities (Breakfast with the Chiefs, Monday Movie, Seasonal Events)



## EMHOT

The Elder Mental Health Outreach Team (EMHOT) is a completely free and confidential service funded by the MCOA and in partnership with the Pettengill House, Inc to residents of Amesbury, Salisbury, Newburyport, Merrimac, West Newbury, and Groveland. If you, or someone you know, are aged 60 or older and suffering with a mental health issue please call for a referral.



## Greenleaf Caregiver Support

All Greenleaf family members are automatically enrolled in Greenleaf Caregiver Support. This program offers additional support to caregivers and their loved one.

## Contact Information:

Caitlyn Simpkins	Doreen Arnfield
Program Coordinator	Director
978-388-8138 x 544	978-388-8138 x 546
<a href="http://www.amesburyma.gov">www.amesburyma.gov</a>	